

February 2019

Anne Gordon Center for Active Adults 919-996-4720
1901 Spring Forest Rd Raleigh NC 27615



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|---|
| | | | | 1 |
| 4 9:30a-4:00p SHIIP Counseling <i>by appointment only</i> * 10-11:30a iPad 2 \$ 1:00p-4:00p Quilting Inter \$ 1:30p-2:30p Noggin Joggin * | 5 9:15a-12:15p Drawing From History \$ | 6 10a-12:00p Google Chrome\$ 2p-3:30p Google Photos \$ 2:00p-4:30p Wed Movie * First Man – PG-13 | 7 10:00a-12:00p Miniatures Guild \$ 11:15a-12:15p Learn to Line Dance \$ 1:30p-4p Diabetes Self Mgmt. | 8 1:00p-4:00p SHIIP Counseling <i>by appointment only</i> * |
| 11 9:30a-4:00p SHIIP Counseling <i>by appointment only</i> * 10-11:30a iPad 2 \$ 1:00-2:00 Veterans' Aid * 1:00-4:00 Quilting Inter \$ | 12 9:15a-12:15p Drawing From History \$ | 13 2p-3:30p GIMP Photo 1 \$ 2:00p-4:30p Wed Movie * Pope Francis:... – PG | 14 11:15a-12:15p Learn to Line Dance \$ 1:30p-4p Diabetes Self Mgmt. | 15 |
| 18 9:30a-4:00p SHIIP Counseling <i>by appointment only</i> * 10-11:30a iPad 3 \$ 1:00p-4:00p Quilting Inter \$ 1:30p-2:30p Noggin Joggin * 3:00-4:00 Reverse Mort. * | 19 9:15a-12:15p Drawing From History \$ | 20 2:00p-4:30p Wed Movie * The Old Man ... -R 2:00p-3:30p GIMP Photo 1 \$ | 21 10:00a-12:00p Miniatures Guild \$ 11:15a-12:15p Learn to Line Dance \$ 1:30p-4p Diabetes Self Mgmt. | 22 |
| 25 9:30a-4:00p SHIIP Counselling <i>by appointment only</i> * 10-12:00p SIRI Intro, \$ 1:00-2:00 Will vs Trust * 1:00-4:00 Quilting Inter \$ 2:15-3:15p Keep Driving * | 26 9:15a-12:15p Drawing From History \$ | 27 10-12:00 iCloud \$ 2:00p-4:30p Wed Movie * The Wife—R 2:00-4:00p App based rides and food \$ | 28 11:15a-12:15p Learn to Line Dance \$ 1:30p-4p Diabetes Self Mgmt. * | |

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|---|--|---|--|---|
| 9:15-10:15 Chair Yoga \$ | 9:15 -10:00 AIM Fitness \$ | 9:30-1:00 55+ Club Cards \$ | 9:15-10:00 AIM Fitness \$ | 9:00-12:00 Men's Friday Morning * |
| 10:30-11:30 Gentle Yoga \$ | 9:15-10:00 Zumba Gold \$ | 1:00-3:00 Open Play Cards and Mah Jongg * | 9:15-10:15 Gentle Yoga \$ | 9:15-10:00 Zumba Gold \$ |
| 11:45-12:45 Dance Xross Fitness \$ | 10:15-11:00 AIM Fitness Intermediate \$ | 2:00-4:30 Wednesday Matinee* | 10:15-11:00 AIM Fitness Intermediate \$ | 9:30-12:00 Bingo \$ |
| 1:00 -1:45 T'ai Chi Chair Beginners \$ | 10:30-11:15 Qi Gong \$ | 3:30-4:30 Gentle Yoga \$ | 10:30-11:15 Chair Yoga \$ | 10:30-11:15 Qi Gong \$ |
| 2:00-2:45 Tai Chi Intermediate \$ | 11:15-12:00 Chair Yoga \$ | | 11:30-12:15 Chair Yoga \$ | 11:30-12:15 Qi Gong for Joint Health \$ |
| 3:00-3:45 Tai Chi Adv. \$ | 11:30-12:30 Shibashi \$ | | 12:30-1:15 Tai Chi Adv. Sun Style Part 2 \$ | 12:30-4:00 Open Play Cards and Mah Jongg * |
| 4:00-5:30 Line Dance Open Studio * | 12:15p-1:15p Gentle Yoga \$ | | 1:00-1:45 Zumba Gold \$ | 1:00-2:00 Line Dance Beginner/Improver * |
| | 12:30-3:00 Open Play Cards and Mah Jongg* | | 1:30-2:15 Tai Chi Beginners \$ | 2:15 - 3:15 Line Dance Introduction * |
| | 1:00-1:45 Zumba Gold Chair \$ | | 2:00-4:00 Knitting and Cro- cheting \$ | 3:30-4:30 Restore Yoga \$ |
| | 2:00-2:45 Ageless Grace \$ | | 2:30-3:15 Tai Chi Adv Sun Style Part 1 \$ | |
| | 2:00-4:00 Knitting and Cro- cheting \$ | | 3:30-4:15 Mindful Meditation \$ | |
| | 4:00-5:30 Line Dance Open Studio * | | | |

The center is open Monday-Friday 9:00am-6:00pm

Programs on this side meet every week.

Programs on the other side are just on those specific dates.

*** = Free Program**

\$ = Registration Fee

Don't Wait - Register Early! Programs and classes that do not meet the minimum number of registrants may be cancelled, and **several classes fill up!** Registering early secures your spot and allows us time to plan appropriately to reduce cancellations.